

## TOP SPORTS FOODS: SOME HEALTHFUL CHOICES

When you are training hard and juggling exercise with school, work and social activities *plus* trying to eat healthfully, you may feel frustrated that you have no time to eat the proverbial “three square meals” every day. Never-the-less, you *can* maintain a healthful diet. The trick is to eat a variety of nutrient-dense, low fat foods.

The following list includes foods that you can easily find in a convenience store, sandwich shop or salad bar, or can keep stocked at home. These nourishing choices invest in your health within a moderate to low calorie price. Since none are nutritionally complete, you need to choose a variety of foods to get a balance of the vitamins, minerals, carbohydrates and proteins necessary for top performance and good health.

<u>FOOD</u>	<u>IMPORTANT NUTRIENTS</u>	<u>COMMENTS</u>
Milk, yogurt lowfat	calcium, protein riboflavin	*Plan to eat lowfat dairy products 2-4 times each day for calcium, a mineral important throughout lifetime to maintain strong bones. Pizza (with lowfat mozzarella cheese) is another calcium-rich choice.
Broccoli	vitamins A, C	*One stalk (cooked) offers 100% ADA for vitamin C. Frozen and fresh are nutritionally similar, because freezing doesn't destroy vitamin C.
Spinach	vitamins A, C, folic acid	*Add to salads, for more nutrients than offered by pale lettuce. Keep frozen spinach stocked at home for a quick dinner vegetable.
Green peppers	vitamin C	*Half a pepper offers 100% ADA for vitamin C. Add to salads, pizza; munch on a raw pepper for a low-calorie snack.
Tomatoes	vitamins A, C, potassium	*Boost intake by adding sliced tomatoes to sandwiches; choose foods with tomato sauce (pizza, pasta, etc.); drink tomato juice.
V-8 Juice	vitamins A, C, potassium	*An easy, cook-free way to get nutrients from eight vegetables. Keep small cans stocked for a snack or lunch-time beverage.
Baked potato	potassium, Vitamin C carbohydrates	*Be sure to eat the skin; it contains 75% of the vitamin C. For a low-calorie topping, add yogurt. Or mash the baked potato with milk to add moistness without the fat and calories of butter or sour cream.
Orange juice, oranges	vitamin C, potassium folic acid, carbohydrates	*Six ounces (fresh or from frozen) offers 100% ADA of vitamin C. A great post-exercise “recovery food” for potassium, carbohydrates, fluid. Orange juice is nutritionally superior to many other fruit juices.
Bananas	potassium, carbohydrates vitamin C	*To prevent over-ripening, store bananas in the refrigerator. Their skin may turn black, but the fruit will be fine. Add bananas to cereal; eat with peanut butter and a glass of milk for a balanced meal-on-the-run.
Cantaloupe	vitamins C, A	*Half a small melon offers 100% of the ADA for vitamin C for few calories. Enjoy with lowfat cottage cheese for a quick, lite lunch or snack.
Chicken, turkey protein		*Thigh and leg meat has more iron and zinc than does breast meat. To reduce fat, calories and cholesterol, remove the skin.
Lean beef	protein, iron, zinc	*Beef is among the best sources of iron and zinc. Avoid fatty meats, i.e., choose a lean roast beef sandwich, rather than a greasy burger.
Fish, tuna	protein, fish-oil	*The oil in salmon, albacore tuna, sardines protects against heart disease. Avoid fried fish; use low-fat mayonnaise with tuna, if possible.
Bran cereal enriched	Fiber, carbohydrates iron, B-vitamins	*Bran is excellent for fiber (to help prevent constipation). Select “fortified” and “enriched” cereals for the most iron; drink orange juice with cereal to enhance iron absorption.
Muffins, bran, corn	carbohydrates, B-vitamins fiber	*Preferable to doughnuts or breakfast pastry. Try to buy lowfat whole wheat, corn or bran muffins -- not rich, cake-like muffins. Top with jelly (rather than butter) for extra carbohydrates and moistness.
Bread, bagels, whole grain	carbohydrates, B-vitamins fiber	*Dark, whole-grain breads (rye, whole wheat, multi-grain) are preferable to breads made with refined white flour. Breads are not fattening if you limit butter, margarine, cream cheese and mayonnaise.
Pizza, thick crust	calcium, protein, Vitamin A carbohydrates	*Of fast foods, pizza with thick-crust, single-cheese, vegetable toppings (not pepperoni, sausage!) is preferable to burgers. If the pizza is oily, blot off the grease with a napkin.
Popcorn, air-popped	carbohydrates, fiber	*A wholesome, lowfat snack that is preferable to greasy chips. Be cautious of even “lite” commercial brands of popcorn; they can be half fat